Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

“Mindfulness can help people with ADHD to focus their attention, control their impulses, and regulate their emotions.”

by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 05 July 2023 |

Mindfulness can help people with ADHD to focus their attention, control their impulses, and regulate their emotions.

I started school with a severe speech impediment. I received weekly tutoring from Tulsa University speech pathology students from kindergarten to fifth grade. I gradually learned to talk properly over time. I also had ADHD and some neurodiversity, which was later diagnosed. In the late 1960s, I was labeled a “learning disabled” student. In 3rd grade, I began counseling to deal with my ADHD. I continued on with counseling till I graduated high school. Still today I use behavioral health counseling as a coping/survival support system.

Deva 1st grade, 1967

The label of “learning disabled” and my ADHD outbursts made it difficult for me to function socially well. It wasn’t until my junior year that my school system gave me an IQ test, which showed a result of 165. I knew I was smart, but I wasn’t challenged or focused in the right direction. Luckily, today yoga, meditation, and mindfulness help me so much in controlling most of my ADHD and neurodiversity.

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder that is characterized by difficulty paying attention, controlling impulses, and regulating emotions. These symptoms can cause significant challenges in school, work, and relationships.

Mindfulness is a type of meditation that involves paying attention to the present moment without judgment. It has been shown to be effective in reducing stress, anxiety, and depression. In recent years, there has been growing interest in the potential benefits of mindfulness for people with ADHD.

How Mindfulness Can Help People With ADHD

Mindfulness can help people with ADHD in a number of ways. First, it can help them to focus their attention. When people with ADHD are mindful, they are more likely to be aware of their thoughts and feelings, and they are less likely to be distracted by them. This can help them to stay focused on the task at hand.

Second, mindfulness can help people with ADHD to control their impulses. When people with ADHD are mindful, they are more likely to be aware of their urges, and they are less likely to act on them without thinking. This can help them to make better decisions and to avoid impulsive behavior.

Third, mindfulness can help people with ADHD to regulate their emotions. When people with ADHD are mindful, they are more likely to be aware of their emotions, and they are less likely to be overwhelmed by them. This can help them to stay calm and to cope with difficult emotions in a healthy way.

Research on the Benefits of Mindfulness for ADHD

There is a growing body of research that supports the benefits of mindfulness for people with ADHD. In a 2015 study, researchers found that mindfulness training was effective in

improving attention, impulse control, and emotion regulation in children with ADHD.

In another study, researchers found that mindfulness training was effective in reducing symptoms of ADHD in adults. The study participants reported feeling less distracted, more focused, and more in control of their emotions after participating in the mindfulness training program.

How to Practice Mindfulness

There are many different ways to practice mindfulness. Some common mindfulness practices include:

- **Meditation:** Meditation is a great way to learn how to focus your attention and to be more present in the moment. There are many different types of meditation, so you can find one that works for you.
- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more aware of your physical state and to reduce stress.
- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and exhale.

- **Yoga:** Yoga is a great way to combine mindfulness with physical activity. Yoga can help you to improve your focus, control your impulses, and regulate your emotions.

https://www.additudemag.com/adhd-in-teens-challenges-solutions/

Conclusion

Mindfulness is a helpful tool for people with ADHD. It can help them to focus their attention, control their impulses, and regulate their emotions. If you are struggling with ADHD, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

References

- Cairncross, M., & Miller, C. J. (2020). The effectiveness of mindfulness-based therapies for ADHD: A meta-analytic review. *SAGE Journals*, 1087054715625301.
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- Tang, Y. Y., Hölzel, B. K., Posner, M. I., & Iyengar, S. (2007). Attentional training improves performance on a Stroop-like task. *Psychological Science*, 18(6), 559-563.

I hope this has been informative and helpful. If you have any questions, please feel free to ask.

People with ADHD are more likely to experience mental health concerns than those without ADHD. Some of the most common mental health concerns associated with ADHD include:

- **Depression:** People with ADHD are more likely to experience depression than those without ADHD. Depression can manifest as feelings of sadness, hopelessness, worthlessness, and fatigue. It can also lead to changes in appetite, sleep, and energy levels.
- **Anxiety:** People with ADHD are also more likely to experience anxiety than those without ADHD. Anxiety can manifest as feelings of worry, nervousness, and fear. It can also lead to physical symptoms such as a racing heart, sweating, and shortness of breath.

- **Learning disorders:** People with ADHD are more likely to have learning disorders, such as dyslexia and dyscalculia. Learning disorders can make it difficult to learn new information and skills.
- **Oppositional defiant disorder (ODD):** ODD is a condition characterized by defiant, disobedient, and hostile behavior toward authority figures. People with ODD may often argue with adults, defy rules, and refuse to cooperate.
- **Conduct disorder (CD):** CD is a more serious condition than ODD and is characterized by aggressive, destructive, and rule-breaking behavior. People with CD may often get into fights, steal, or vandalize property.

It is important to note that not everyone with ADHD will experience mental health concerns. However, if you are struggling with mental health concerns, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop coping mechanisms.

If you are concerned that someone you know may have ADHD, it is important to talk to them about it. You can also encourage them to see a doctor or therapist for evaluation.

Here are some additional resources that you may find helpful:

- National Institute of Mental Health: **https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml**
- Attention Deficit Disorder Association: https://add.org/
- American Academy of Child and Adolescent Psychiatry: **https://www.aacap.org/**

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and depression, as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and depression to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.
- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.
- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and depression to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.
- **Improve their self-esteem:** Mindfulness can help people with ADHD and depression to improve their self-esteem, which can make them feel better about themselves. This is because mindfulness teaches people to accept themselves for who they are, which can help to reduce the negative self-talk that is often associated with these conditions.

girl on meditation in the morning park

There are many different ways to practice mindfulness. Some common mindfulness practices include:

- **Meditation:** Meditation is a great way to learn how to focus your attention and to be more present in the moment. There are many different types of meditation, so you can find one that works for you.
- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more

aware of your physical state and to reduce stress.

- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and exhale.
- **Yoga:** Yoga is a great way to combine mindfulness with physical activity. Yoga can help you to improve your focus, control your impulses, and regulate your emotions.

If you are interested in learning more about mindfulness, there are many resources available online and in libraries. You can also find mindfulness classes and workshops in your community.

It is important to note that mindfulness is not a cure for ADHD or depression. However, it can be a helpful tool for managing these conditions. If you are struggling with ADHD or depression, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop a treatment plan that is right for you.

Friend comforting to a sad student with failed exam sitting on the grass in a park

Mindfulness is a type of meditation that involves paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and anxiety, as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and anxiety to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.
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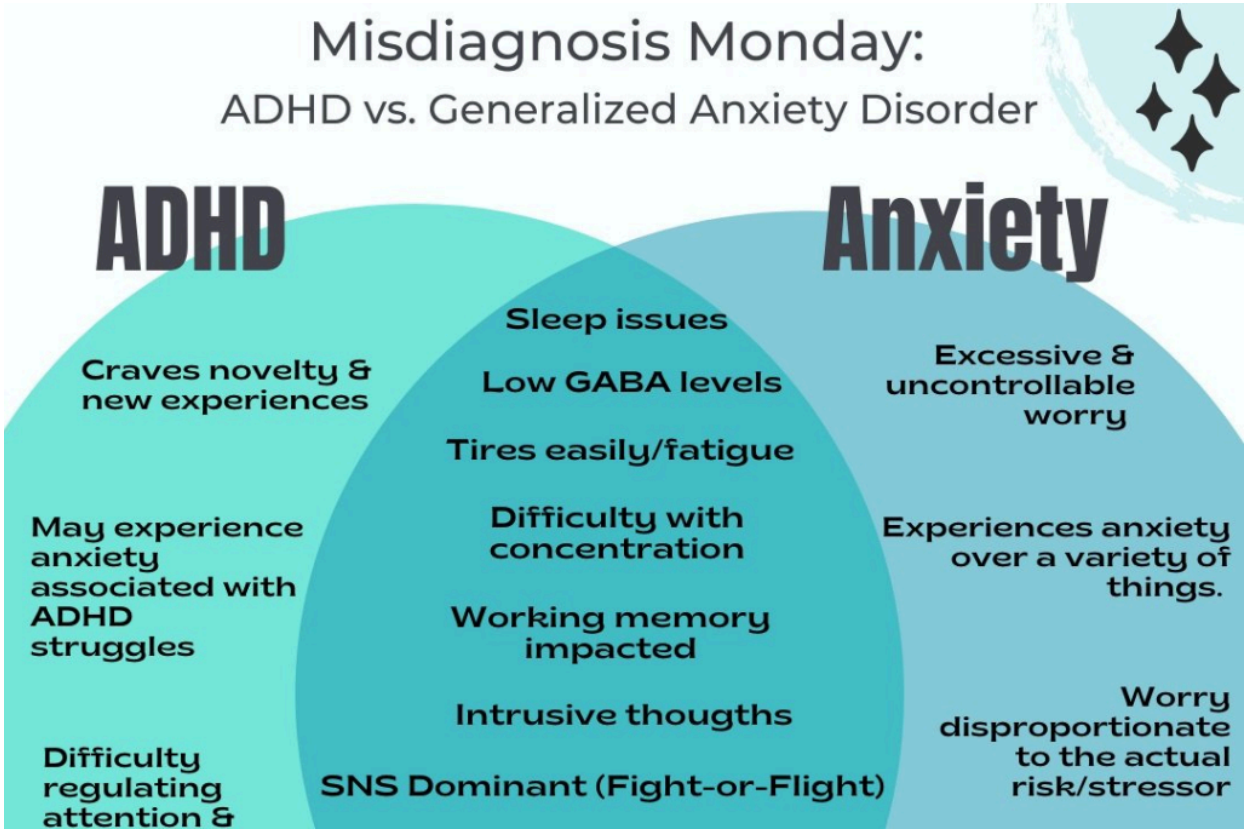

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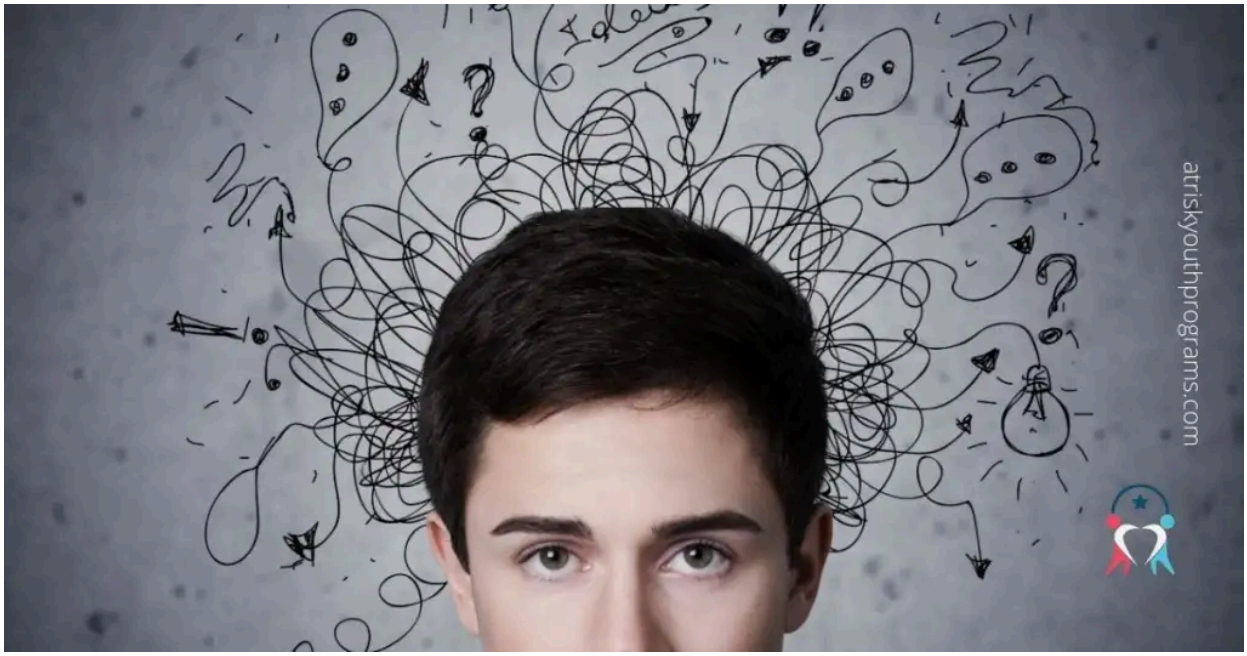
It is important to note that mindfulness is not a cure for ADHD or anxiety. However, it can be a helpful tool for managing these conditions. If you are struggling with ADHD or anxiety, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop a treatment plan that is right for you.



Here are some specific mindfulness techniques that can be helpful for people with ADHD and anxiety:

- **Mindful walking:** This is a simple but effective way to practice mindfulness. Simply focus on your breath as you walk, & pay attention to the sensations of your feet on the ground. **Mindful article Mindful Walking**.
- **Mindful eating:** This is another simple but effective way to practice mindfulness. Pay attention to the taste, smell, and texture of your food as

you eat.

- **Mindful listening:** This is a great way to practice mindfulness in everyday life. Pay attention to the sounds around you, and try to identify them.
- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.

If you are struggling with ADHD or anxiety, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

A study reflects just 10-minutes of meditation can reduce ADHD symptoms.

> After three months, they found over 50 percent reduction in stress and anxiety and improvements in ADHD symptoms in the students.
> “The effect was much greater than we expected,” said Sarina J. Grosswald, Ed.D., a George Washington University-trained cognitive learning specialist and lead researcher on the study
>
> ***Link to article***

Mindfulness can help people with ADHD and learning disorders in a number of ways:

- **Improve focus and concentration:** Mindfulness can help people with ADHD to focus on the present moment and to let go of distractions. This can be helpful for people with learning disorders who often have difficulty paying attention in class or completing tasks.
- **Reduce anxiety and stress:** Mindfulness can help people with ADHD to reduce anxiety and stress, which can make it easier to learn. This is

because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.

- **Improve self-awareness:** Mindfulness can help people with ADHD to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful for people with learning disorders who often struggle with self-regulation.
- **Increase self-compassion:** Mindfulness can help people with ADHD to develop self-compassion, which can help them to be more patient and understanding with themselves. This can be helpful for people with learning disorders who often feel frustrated or discouraged.

There are many different ways to practice mindfulness. Some common mindfulness practices include:

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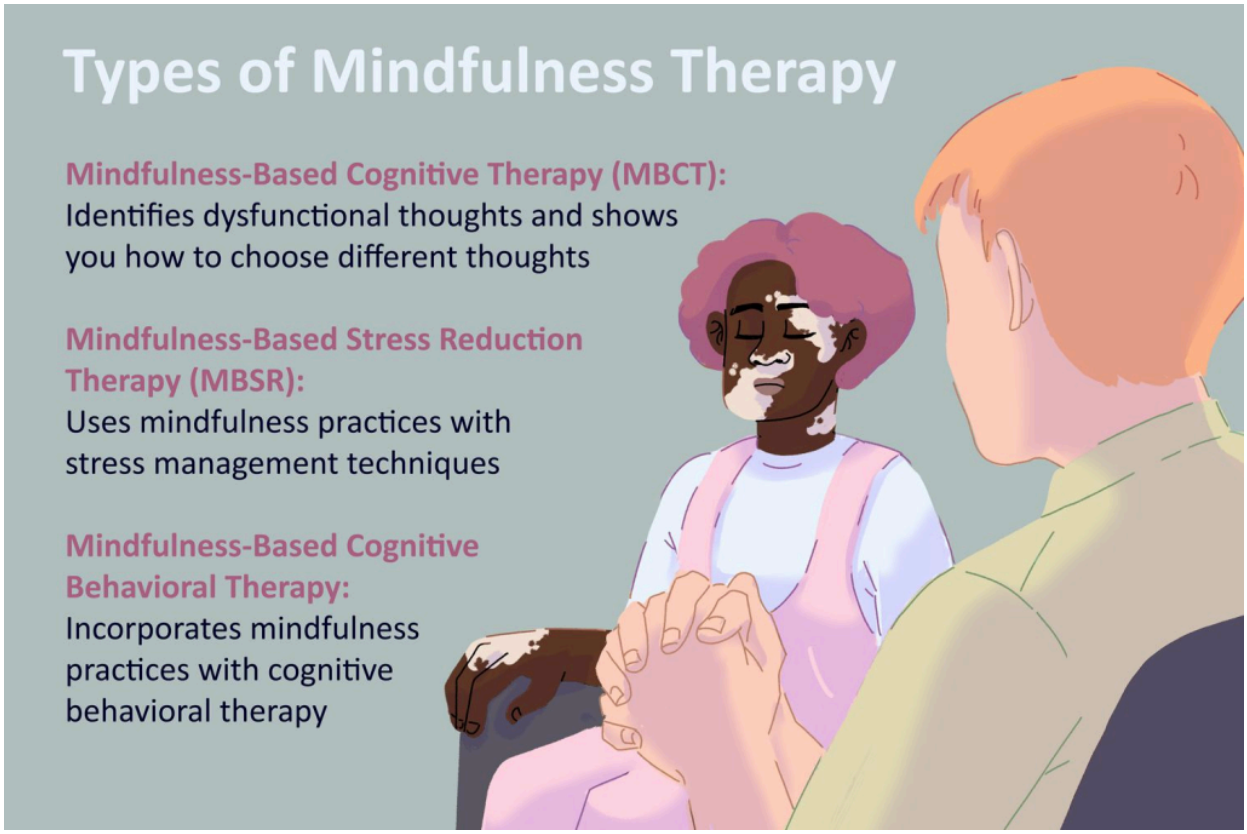
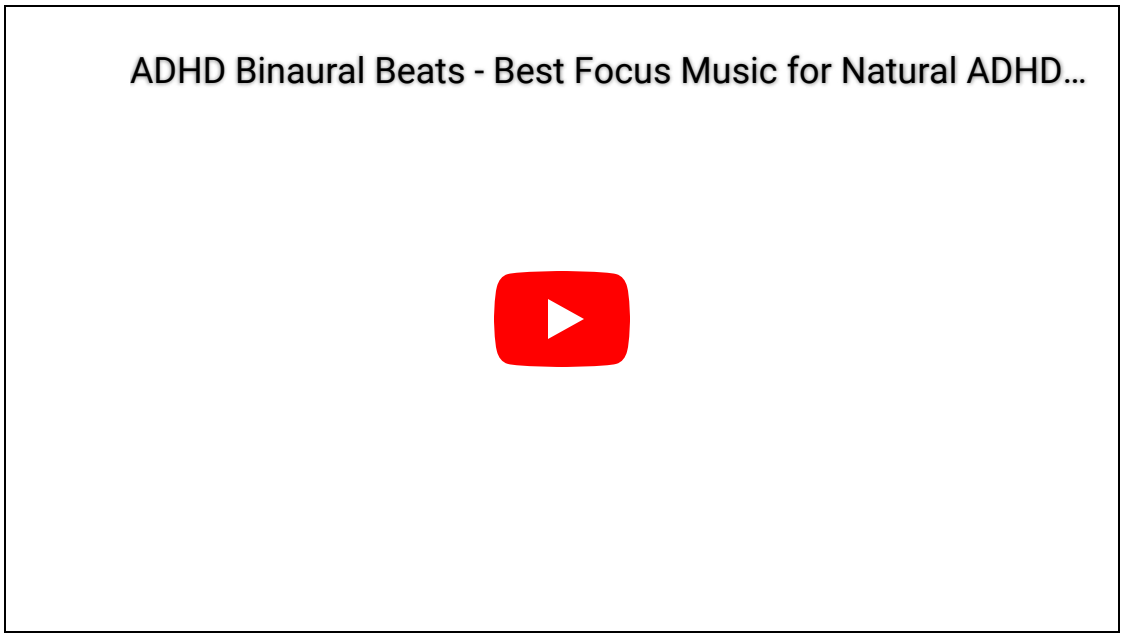
If you are interested in learning more about mindfulness, there are many resources available online and in libraries. You can also find mindfulness classes and workshops in your community.

It is important to note that mindfulness is not a cure for ADHD or learning disorders. However, it can be a helpful tool for managing these conditions. If you are struggling with ADHD or learning disorders, it is important to seek professional help. A therapist or counselor can help you to understand your symptoms and develop a treatment plan that is right for you.


Types of Mindfulness Therapy
Mindfulness-Based Cognitive Therapy (MBCT):
Identifies dysfunctional thoughts and shows you how to choose different thoughts
Mindfulness-Based Stress Reduction Therapy (MBSR):
Uses mindfulness practices with stress management techniques
Mindfulness-Based Cognitive Behavioral Therapy:
Incorporates mindfulness practices with cognitive behavioral therapy

Here are some specific mindfulness techniques that can be helpful for people with ADHD and learning disorders:

- **Mindful listening:** This is a great way to practice mindfulness in everyday life. Pay attention to the sounds around you, and try to identify them.



https://youtu.be/yi3sWa9Aeo4

> **HEALTH WARNING**
> The binaural beats are intended to alter your state of mind. Do not use it if you are in an altered state of mind. This would put the safety of yourself or others at risk, such as driving, or operating heavy equipment. All binaural beats should be played on headphones if possible. Always consult with your physicibefore to use if you have already been diagnosed with a mental health issue.

- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.
- **Mindful eating:** This is another simple but effective way to practice mindfulness. Pay attention to the taste, smell, and texture of your food as you eat.
- **Mindful walking:** This is a simple but effective way to practice mindfulness. Simply focus on your breath as you walk, and pay attention to the sensations of your feet on the ground.

If you are struggling with ADHD or learning disorders, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and Oppositional defiant disorder (ODD), as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and ODD to become more aware of their thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.
- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.
- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and ODD to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.

There are many different ways to practice mindfulness. Some common mindfulness techniques that can be helpful for people with ADHD and ODD include:

- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and

exhale.

- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more aware of your physical state and to reduce stress.
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- **Mindful listening:** This is a great way to practice mindfulness in everyday life. Pay attention to the sounds around you, and try to identify them.
- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.
- **Mindful play:** This is a great way for kids with ADHD and ODD to practice mindfulness. Find a playful activity that you enjoy and focus on the present moment as you do it.

If you are struggling with ADHD or ODD, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Here are some additional tips for practicing mindfulness with ADHD and Oppositional defiant disorder (ODD):

- **Start small:** Don't try to do too much at once. Start with a short mindfulness practice, such as mindful breathing, and gradually increase the length of your practice over time.
- **Find a quiet place:** If you are easily distracted, find a quiet place where you won't be interrupted.
- **Be patient:** It takes time and practice to develop mindfulness skills. Don't get discouraged if you don't see results immediately.

- **Be kind to yourself:** If you find yourself getting frustrated or angry during a mindfulness practice, simply notice your thoughts and feelings without judgment. Then, gently bring your attention back to your breath or another mindfulness object.

With patience and practice, mindfulness can be a valuable tool for managing ADHD and ODD.

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for people with ADHD and Conduct Disorder (CD), as it can help them to:

- **Increase their awareness of their thoughts and feelings:** Mindfulness can help people with ADHD and CD to become more aware of their

thoughts and feelings, which can help them to understand why they are feeling the way they are. This can be helpful in reducing the negative impact of these emotions.

- **Improve their focus and concentration:** Mindfulness can help people with ADHD to improve their focus and concentration, which can be helpful in managing their symptoms. This is because mindfulness teaches people to focus on the present moment and to let go of distractions.
- **Reduce stress and anxiety:** Mindfulness can help people with ADHD and CD to reduce stress and anxiety, which can make their symptoms less severe. This is because mindfulness teaches people to accept their thoughts and feelings without judgment, which can help to reduce the emotional reactivity that is often associated with these conditions.

There are many different ways to practice mindfulness. Some common mindfulness techniques that can be helpful for people with ADHD and CD include:

- **Mindful breathing:** Mindful breathing is a simple but effective way to practice mindfulness. Simply focus on your breath as you inhale and exhale.
- **Body scan:** A body scan is a type of meditation that involves paying attention to your body sensations. This can help you to become more aware of your physical state and to reduce stress.
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- **Mindful journaling:** This is a great way to track your thoughts and feelings. Write down your thoughts and feelings without judgment, and try to understand why you are feeling the way you are.
- **Mindful play:** This is a great way for kids with ADHD and CD to practice mindfulness. Find a playful activity that you enjoy and focus on the present moment as you do it.

If you are struggling with ADHD or CD, I encourage you to try mindfulness. It may be just what you need to manage your symptoms and live a more fulfilling life.

Here are some additional tips for practicing mindfulness with ADHD and CD:

- **Start small:** Don't try to do too much at once. Start with a short mindfulness practice, such as mindful breathing, and gradually increase the length of your practice over time.
- **Find a quiet place:** If you are easily distracted, find a quiet place where you won't be interrupted.
- **Be patient:** It takes time and practice to develop mindfulness skills. Don't get discouraged if you don't see results immediately.
- **Be kind to yourself:** If you find yourself getting frustrated or angry during a mindfulness practice, simply notice your thoughts and feelings without judgment. Then, gently bring your attention back to your breath or another mindfulness object.

With patience and practice, mindfulness can be a valuable tool for managing ADHD and CD.

Here are 15 affirmations for mindfulness and ADHD:

1. I am present in the moment.
2. I am aware of my thoughts and feelings.
3. I am accepting of my thoughts and feelings.
4. I am letting go of distractions.
5. I am focused on the task at hand.
6. I am calm and relaxed.
7. I am in control of my emotions.
8. I am capable of achieving my goals.
9. I am grateful for the present moment.
10. I am worthy of love and acceptance.
11. I am a good person.
12. I am strong and resilient.
13. I am capable of change.
14. I am on my own journey.

15. I am not alone.

https://www.mindful.org/how-to-be-your-own-best-friend/

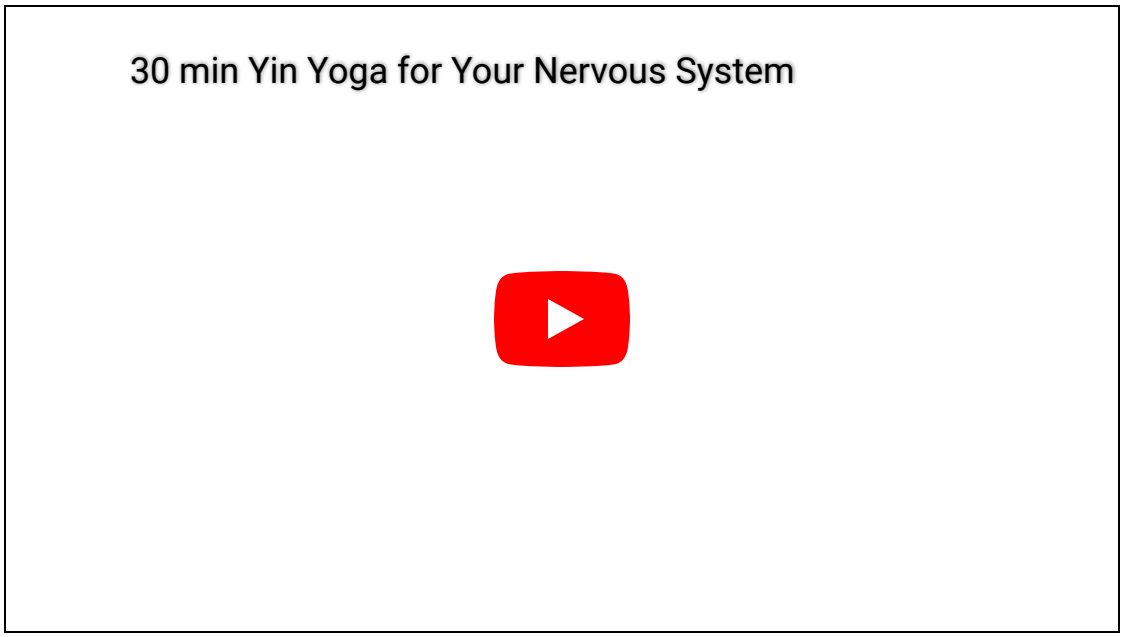
Pre-Caution

While engaging in any **yoga activities, always remember**:

- **Listen to your body.** Don’t push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you’re feeling tired or sore, take a break from your practice.
- **Don’t be afraid to ask for help.** If you’re not sure how to modify a pose or if you have any concerns, ask your instructor for help.

> **Always listen to your body and modify poses as needed.** Also review on our ***website***, our guidance on using Yoga for mental health purposes.

Yoga



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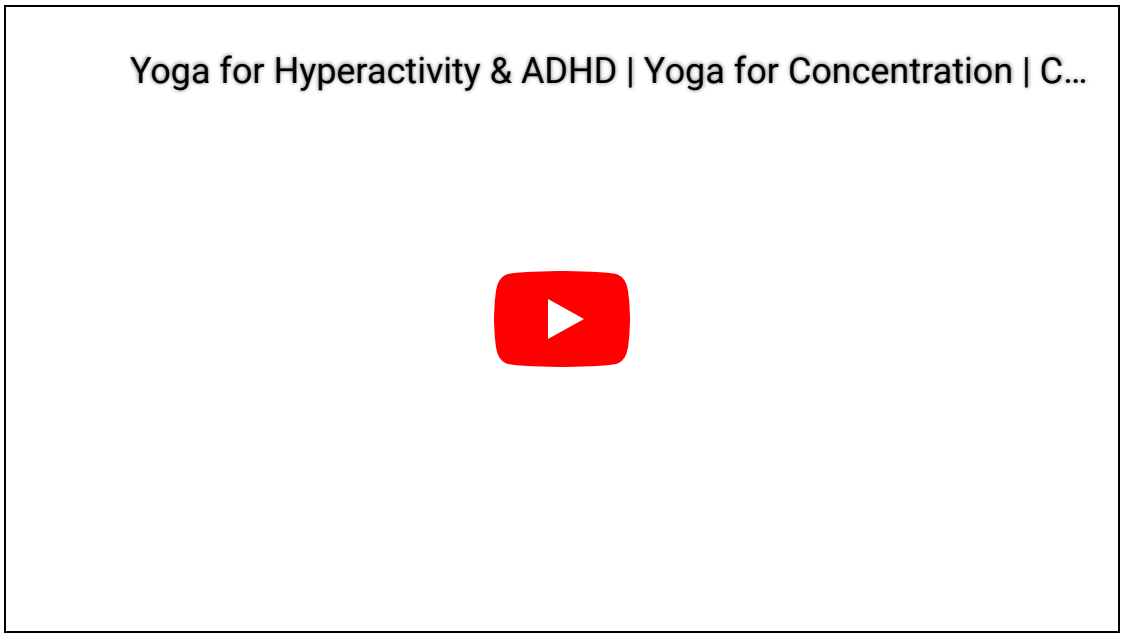


https://www.youtube.com/watch?v=PyJmAQ_Rm2c

https://youtu.be/WYBPPsXyBK0

https://youtu.be/COYhv-Ym5zE

Research

Here are 5 academic and scientific articles on using mindfulness with ADHD:

1. **Mindfulness-Based Interventions for Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-Analysis** (2015) by Ruth A. Baer, et al. Link to the article: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4635728/**

- This article reviews the research on the effectiveness of mindfulness-based interventions (MBIs) for ADHD. The authors found that MBIs are effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.

2. **Mindfulness Training for Children with ADHD: A Randomized Controlled Trial** (2010) by L. K. Hinkley, et al. Link to the article: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908835/**

- This article reports the results of a randomized controlled trial of mindfulness training for children with ADHD. The authors found that mindfulness training was effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.

3. **Mindfulness-Based Interventions for Children and Adolescents With ADHD: A Meta-Analysis** (2017) by M. A. Diamond, et al. Link to the article: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5355516/**

- This article reviews the research on the effectiveness of mindfulness-based interventions (MBIs) for children and adolescents with ADHD. The authors found that MBIs are effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.

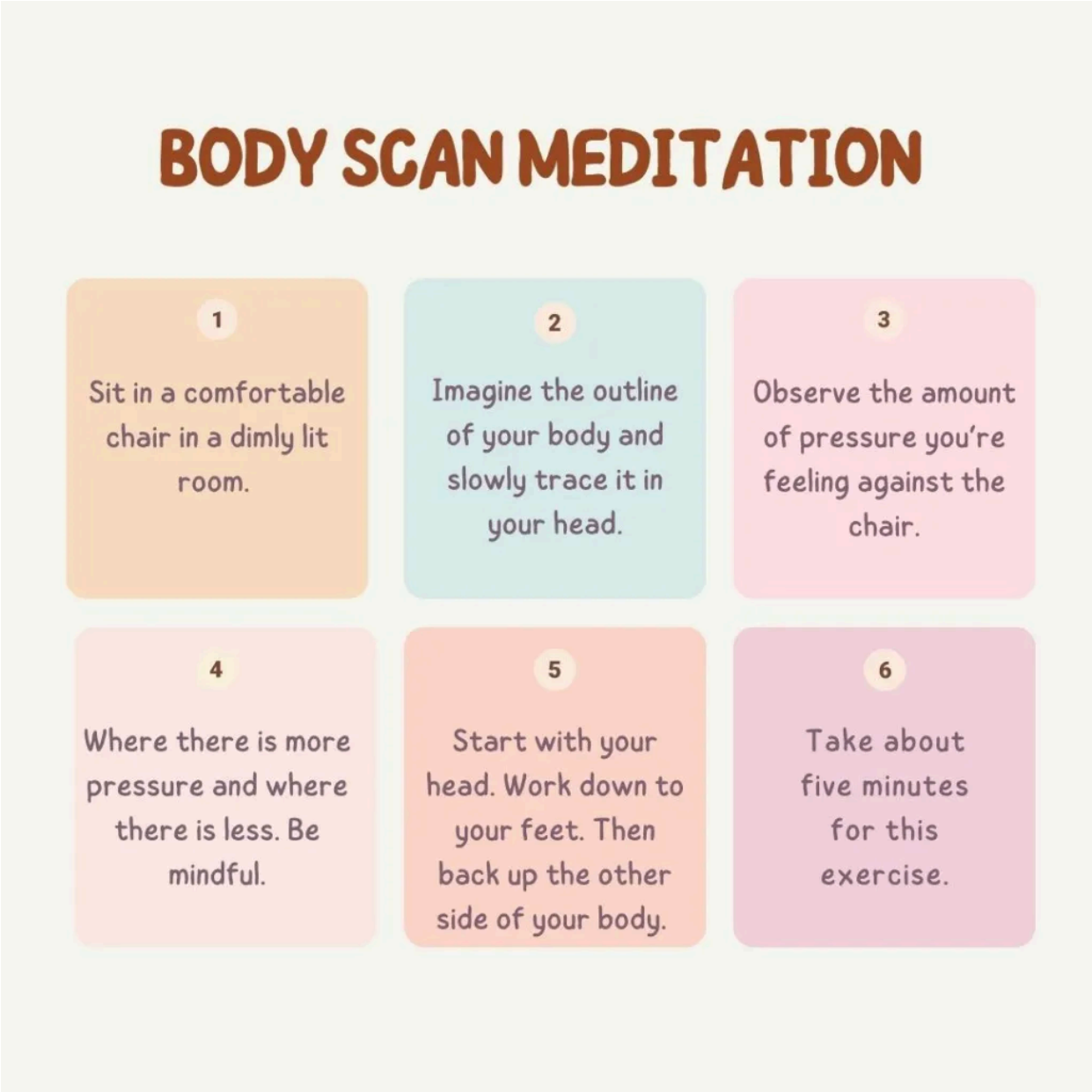
4. **Mindfulness and Attention-Deficit/Hyperactivity Disorder: A Review of the Literature** (2014) by J. V. Quinn, et al. Link to the article: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4094276/**

- This article reviews the research on the relationship between mindfulness and ADHD. The authors found that mindfulness can be helpful for managing ADHD symptoms, improving attention, and increasing self-regulation.

5. **The Effects of Mindfulness-Based Interventions on Attention-Deficit/Hyperactivity Disorder: A Meta-Analysis** (2017) by A. M. van der Oord, et al. Link to the article: **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5355514/**

- This article reviews the research on the effectiveness of mindfulness-based interventions (MBIs) for ADHD. The authors found that MBIs are effective in reducing ADHD symptoms, improving attention, and increasing self-regulation.

Resources


BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
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- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**

- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/**
- **National Institute of Mental Health**: https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml
- **Attention Deficit Disorder Association**: https://add.org/
- **American Academy of Child and Adolescent Psychiatry**: **https://www.aacap.org/**
- **In The Rooms (web based 12-STEP rooms**) **https://www.intherooms.com/home/**

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**

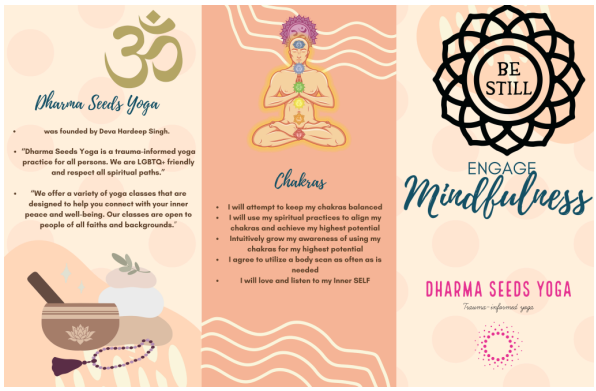
Sign up for our newsletter: http://eepurl.com/hQlzgL

Dharma Seeds Press bookstore: https://www.lulu.com/spotlight/dharma-seeds-yoga-press/

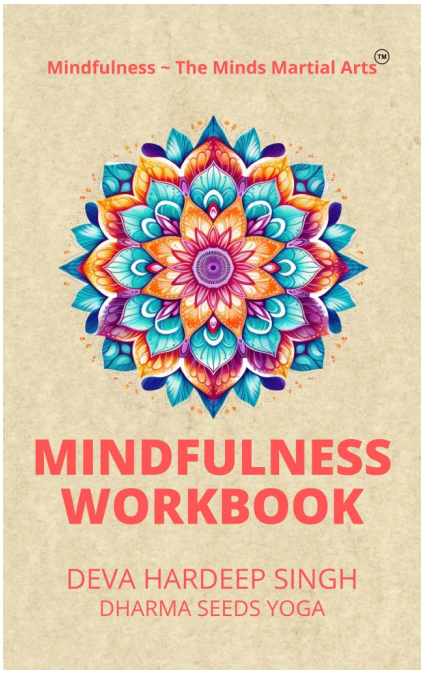
Deva’s BoHo Shoppe

Dharma Seeds Yoga *brochure*

Join our Engage Mindfulness™ *Minds Martial Artist*™ program FREE


Dharma Seeds Yoga
was founded by Deva Hardeep Singh.
"Dharma Seeds Yoga is a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly and respect all spiritual paths."
"We offer a variety of yoga classes that are designed to help you connect with your inner peace and well-being. Our classes are open to people of all faiths and backgrounds."
Chakras
I will attempt to keep my chakras balanced
I will use my spiritual practices to align my chakras and achieve my highest potential
Intuitively grow my awareness of using my chakras for my highest potential
I agree to utilize a body scan as often as is needed
I will love and listen to my Inner SELF
BE STILL
ENGAGE
Mindfulness
DHARMA SEEDS YOGA
Trauma-informed yoga

For more information on our Engage Mindfulness™ please email: **dharmaseedsyoga@gmail.com**



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

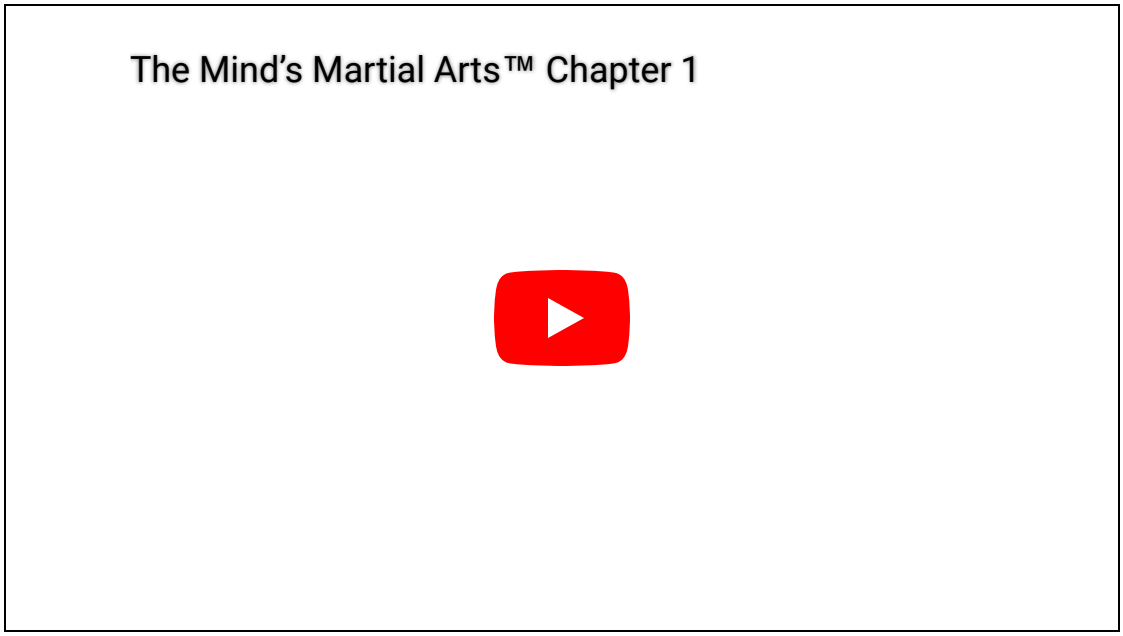
The Mind’s Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind’s Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.



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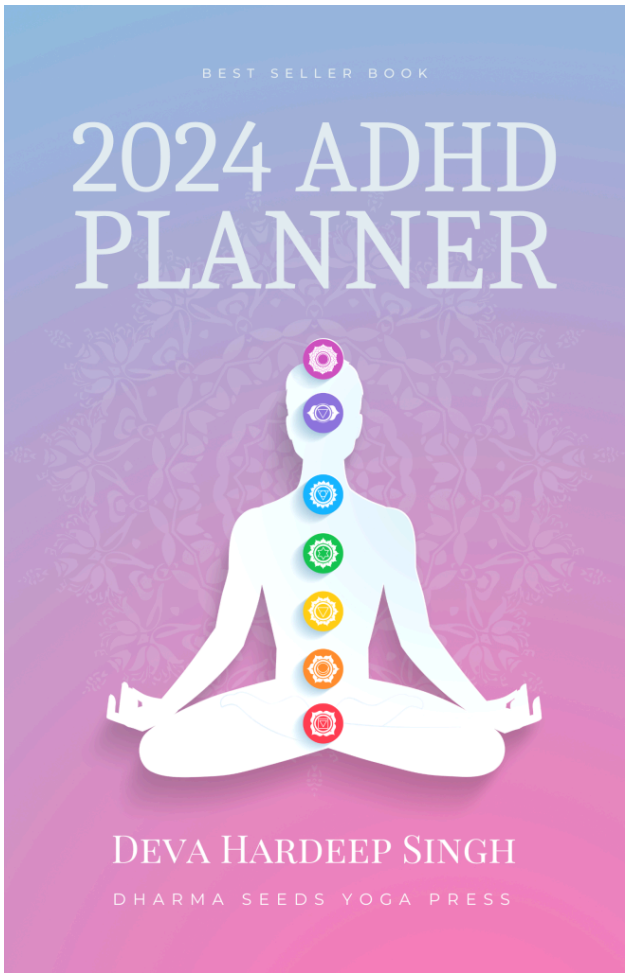
The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful



resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner:

- **Mindfulness activities and exercises:** The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being.
- **Goal-setting:** The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- **Progress tracking:** The planner includes space to track your progress on your mindfulness journey. This can help you to see

how far you have come and to identify areas where you need to improve.

- **Calming illustrations:** The planner includes calming illustrations that can help you to relax and to focus.
- **Soothing color scheme:** The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He’s worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX

Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He’s been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Find Deva on World Yoga Federation

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